RenoFitness Q&A

Why Weight / Resistance Training?

Weight Training, Resistance Training, Muscle Training etc, they all are the same thing.

What’s the Resistance Training tips from RenoFitness?

* Resistance training increases muscle strength by making your muscles work against a weight or force.
* Different forms of resistance training include free weights, weight machines, resistance bands and your own body weight.
* A beginner needs to train two or three times per week to gain the maximum benefit.
* Complete the Par-Q form and consult with professionals, such as your doctor, exercise physiologist, physiotherapist or registered exercise professional, before you start a new fitness program.
* Rest each muscle group for at least 48 hours to maximise gains in strength and size.
* Varying your workouts can help you push past a training plateau.

I recommend Resistance Training to the following people:

1. If you are the beginner, want to know and learn more effective fitness training systematically
2. If you want to gain muscle
3. If you want to manage your weight
4. If you want to learn nutrition intake

RenoFitness ‘s other fitness program, Fitness Kickboxing class takes on fitness purpose, which help you much on the above tips.